

**TEACHING TECHNIQUES OF PUTTING THE BALL INTO PLAY TO YOUNG TABLE TENNIS PLAYERS AND WORKING ON ERRORS AND SHORTCOMINGS****Kholmatov Bekzod Uralovich**Uzbekistan state university of physical education and sport  
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[bekzodxolmatov@gmail.com](mailto:bekzodxolmatov@gmail.com)**Abstract:**

Present article provides interesting information for young table tennis players to gain a brief theoretical understanding of how to avoid mistakes when putting the ball into play during a competition, as well as the correct sequence and execution of the serve. It offers proper recommendations and instructions to prevent negative impacts on the player's subsequent technical development at later stages, and explains the importance of the serve.

**Keywords:**

working on errors and shortcomings, muscle flexibility, quick and short arm movements, body rotation, speed, alertness, and readiness for the next shot.

**Introduction:** Learning the technique of putting the ball into play is very important, as it is the player's first stroke in the game. Just as mastering all technical elements (such as the push, topspin, chop, etc.) requires significant skill from the player, putting the table tennis ball into play also demands high precision and skill. The serve requires muscle flexibility, quick and short arm movements, body rotation, speed, and alertness to prepare for the next shot. The process of putting the ball into play is called the serve or service, and it must be executed according to clearly defined rules. If the ball is served in violation of the rules, it is considered a fault and a point is awarded to the opponent.

**Discussion:** According to the laws of table tennis, from the moment the ball is thrown vertically upward from the open palm of the hand until the racket strikes it, the ball must be above the playing surface and behind the end line of the table, and it must touch the receiver's half of the table. The distance between the palm and the ball when tossing it upward to strike should be 16 cm. When discussing the correct description of service rules in table tennis, it is crucial for the ball to travel diagonally, for the receiver to have a full view of the ball, and for the server not to hide the ball with their body, arm, or clothing — these rules ensure fairness and correctness. The game is considered to have started once the ball leaves the server's palm. When returning the ball after the opponent has struck it, the player must strike it so that it passes directly over the net or touches the net and then lands on the opponent's half of the table. There are several types of serves in terms of direction, flight distance, and technique.

The method we are studying is the basic serve, where the player holds the racket open and sends the ball from the side with underspin. In this case, the ball travels to the middle zone with underspin and moves downward after landing in the opponent's zone, forcing the opponent to step back from the table to receive it. The basic serve requires concentration and a slightly bent body position from the player. The first joint of the arm (wrist) must impart good rotation. If executed fully and accurately, this serve is one of the ways to put the opponent in an uncomfortable position.

Basic movement structure for developing the technique of striking to various points on the table:

1. Rotation phase (right or left)
2. Impact phase and contact point (racket position and the designated 40x152.5 cm area of the table)

3. Stroke initiation and completion phase
4. Returning the racket to the starting position

All of the above movements are performed through repetitive drills, analyzed by the coach based on a designated pattern.

The serve is considered incorrect in the following cases:

1. If the ball is dropped from the hand below the table surface and then served.
2. If the player serves while stepping inside the table boundary (within 25 cm of the table).
3. If the ball is not thrown at least 16 cm upward from the hand.
4. If the player strikes the ball without letting the opponent see it.
5. If the player fails to put the ball into play (a point is awarded to the opponent).
6. If the ball touches the net and returns back during the serve (a let serve, usually replayed, depending on context — but described as a fault here).
7. If the ball goes in a different direction during the serve.

If a player wins their first serve, they are awarded 1 point. If they win the second serve, another point is added, making the score 2-0 in their favor. The game continues in this manner, and one set is played up to 11 points. If the score becomes 10-10, the player who takes a 2-point lead wins the set.

**Conclusion:** It must be said that putting the ball into play is one of the most important actions for a player. Therefore, to perform the serve correctly and accurately, one must first have a brief theoretical understanding of this stroke. All movements and exercises must be executed in the correct sequence. This demands accuracy, responsibility, and attention from the player. Being able to distinguish between correct and incorrect movement is a crucial step.

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